

Bedford

12 Mudge Way
Bedford MA
01730

Recreation Department



2010 SPRING BROCHURE

INCLUDES ADULT PROGRAMS



Office located in Town Center Bld.,
2nd Floor, 12 Mudge Way

Hours: Mon. - Fri., 9:00 AM - 4:00 PM

Phone: (781) 275-1392 Fax: (781) 687-6156

Website: www.bedfordrecreation.org

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Bedford Recreation Department

RECREATION DEPARTMENT

Amy Hamilton, Recreation Director: amy@bedfordma.gov
Nick Cacciolfi, Assistant Director: nickc@bedfordma.gov
Raeann Gembis, Adult Coordinator: rgembis@bedfordma.gov
Janet Humphrey, Administrative Assistant: janeth@bedfordma.gov
Leslie Ringuette, Clerk: recstaff@bedfordma.gov

RECREATION COMMISSION

Ronald Richter, Chairman
Dave Ellis
Suzanne Johnson
Stacy Schalick
Robin Steele

LOCATION AND OFFICE HOURS

Phone # 781-275-1392 Fax # 781-687-6156

The Recreation Office is located at 12 Mudge Way on the second floor of the Yellow Town Center Building.
Office is open Monday - Friday 9:00 AM - 4:00 PM

NEIGHBORS HELPING NEIGHBORS

Help us help each other! This fund has been established to make funds available for those Bedford residents who might not be able to afford Recreation programs. If you are able to make a donation, your contribution will be greatly appreciated. It's easy to contribute! To make a donation online, just add Neighbors Fund to your cart & adjust the "Quantity" to the amount you'd like to donate. It's as easy as that! There is also a spot on the registration forms that you can donate.

FINANCIAL ASSISTANCE AVAILABLE

Please contact the office to apply for financial aid to help pay for a program. A simple, confidential application is requested.

FEEDBACK

How are we doing? If you have comments, concerns, or suggestions that might be helpful to us, please let us know! Call: 781 -275 – 1392, fax: 781 - 687 – 6156, or e- mail: amy@bedfordma.gov, nickc@bedfordma.gov



Springs Brook Park Guide

Brochure will be mailed out in Early May.



REGISTRATION IS NOW OPEN!

Please note: Waivers are required for participation in all Recreation Department Programs.

Recreation Dep't Registration Information

NO PHONE REGISTRATIONS

Unless otherwise specified, Recreation Registration Procedure is as follows:

MAIL (W/CHECK payable to "Town of Bedford," MC or VISA #),

FAX (W/MC OR VISA #),

DROP-OFF

REGISTER ONLINE

All registration is limited. Please use forms in this brochure. Receipts will be mailed.

Wait list status will be indicated on the receipts if the session you choose is full.

Classes will NOT be prorated.

TO REGISTER ONLINE:

Go to the Recreation website and click on the link to "Register Online."

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online).

Write down your customer number for future online transactions. Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult, do not set up acct. using child's name and info. Make sure to input first/last name in correct location. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION:

Unless otherwise noted, there is a \$5/program non-resident fee.

REFUND/CANCELLATION PROCEDURES:

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. There is no refund given after the 3rd class.

2. Special Events/Activities and Field Trips: no refunds

3. Classes that are not self-supporting (due to low enrollment) will be canceled.

4. These refund policies do not apply to programs for which other refund policies are stated.

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.

2. Recorded message and/or website will be used for cancellations.

3. Children must be picked up on time after all activities.

4. The Recreation Department attempts to meet the needs of all residents. Those

requiring special assistance should contact the Recreation Director.

5. Classes will not be held during vacation weeks unless otherwise specified.

6. On school early release days, classes are held at their regular times unless otherwise noted. Parents are responsible for transportation.

7. If Bedford Schools are closed due to weather, Rec. programs will be canceled.

8. Financial aid may be available upon request.

9. There is a \$25 penalty fee for all returned checks (Finance Dep't policy)

10. Transportation to Recreation programs, when provided, will be by Bedford Charter Service (school buses), unless otherwise noted.

SPECIAL EVENTS & FAMILY ACTIVITIES

CAPE ANN WHALE WATCH TICKETS

Use any time during the 2010 season!

Whale watching is a fun, family-friendly activity and you can purchase your tickets anytime in our office. Once you have the tickets, visit their website at www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110. More information and directions can be found on the website. The Whaling season runs from May to October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Tickets non-refundable. Tickets can be picked up at the Recreation Office.

Tickets: \$25 each (regularly \$45 adults/\$30 for children)

BOSTON FLOWER & GARDEN SHOW TICKETS

@ the Seaport World Trade Center

March 24-28

Escape the gray days of winter and rejoice in the colors of the coming Spring where over 30 gardens provide a feast for the senses! Get inspired by the lush and inspiring gardens created by professional landscape designers, nurseries and non-profit organizations.

Tickets: \$16 (regularly \$20)

Full information: www.TheBostonFlowerShow.com Tickets can be picked up at the Recreation Office.

STAR GAZING PARTY

Gather around with other amateur astronomers and see things you don't typically take the time to ponder. Bring your own telescope or peer through one of ours. Enjoy viewing the Moon, Venus, Mars or Saturn. Everyone welcome!! Programs led by Kelly Beatty (Senior Contributing Editor to *Sky & Telescope Magazine*) and the Amateur Telescope Makers of Boston Organization.

FREE!

Friday, 7:00pm, 4/23 or 5/21 at Great Brook Farm in Carlisle. Meet at the Pavilion.

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Our tickets cost \$6.25 (regular price \$10). Tickets are valid after the first two weeks of a new release and do not expire and can be used at all AMC/Lowe's Theaters including the Burlington Theater. Buy them today at the Recreation Office!

SPECIAL EVENTS & FAMILY ACTIVITIES

BOSTON RED SOX TICKETS!

We have hard to find tickets to see the Boston Red Sox in action. Great seats available. Bus will leave Town Hall promptly at 5:00pm and return immediately after the games. Children under age 14 must be accompanied by an adult. Fee includes transportation. Please include a cell number in enrollee notes of someone in your party when registering. If you want to be seated with another family on the trip, please include that in the notes section as well. We will try to accommodate all requests, but cannot be guaranteed.

Wed., June 16, 7:05pm vs. Arizona RF Box Fee: \$65

Wed., August 4, 7:05pm vs. Cleveland RF Box Fee: \$65

Wed., August 18, 7:05pm vs. LA Angels RF Box Fee: \$65

**for each of the games, a "Leader of the Pack" (child under the age of 18) will be selected at random to represent Bedford on the Field before the game. Please indicate your interest in being selected at the time of registration in enrollee notes.*

GIRLS NIGHT~THE MUSICAL

@ the Lowell Memorial Auditorium

Grab your friends and have your own night out...with maybe dinner before the show! *Girls Night* follows five friends as they re-live their past, celebrate their present and look to the future on a wild and hilarious karaoke night out! Bursting with energy, this show is packed with every party anthem you can think of including "Girls Just Want to Have Fun," "I Will Survive" and "Say a Little Prayer." After a successful spring engagement in NYC, this show comes to Lowell for one night only! Limited tickets available. Friday, April 16, 8:00 pm Tickets: \$46* (balcony seating) Lowell Memorial Auditorium, 50 East Merrimack Street *Tickets non-refundable unless we can resell them. Will contact for ticket pick up information.

GEO-CACHING w/ Still River Outfitters

This course is focused on the ever-growing activity Geo-caching, a modern day treasure hunting experience. You will learn how to get coordinates for a geo trip and learn the skills necessary to use a GPS system and then go on a treasure hunt! Great for families or individuals. Come try something new! (min 2/max 10)

Fri. 4/2, 5:30-7:30pm and Sun. 4/11 and 4/25, 3:00-5:00pm.

Friday class will be in a classroom setting, Sundays will be in a local Concord conservation area. You will be notified of location prior to the start. Children must be accompanied by an adult.

FEE: \$67 age 17+ / \$30 age 5-16 / Free ages 4 and under.

KAYAK ADVENTURES w/Still River Outfitters

Programs are led by instructors certified by the American Canoe Association. All equipment provided. For more information and what to bring visit their website at: www.stillriveroutfitters.com

INTRODUCTION TO KAYAK: Class emphasizes safety, enjoyment and skill acquisition in recreational kayaks suitable for river or touring/sea kayaking. Designed for adults, but children age 10 - 15 are welcome with an adult. (min 2/max 6)

Wed. 6:30-8:30pm, 5/26-6/9

Fee: \$92 per person

Location: Warner's Pond access off Commonwealth Ave, Concord.

MOMMY/DADDY and ME KAYAK: This class is taught in stable recreational kayaks where the child sits safely between the parent's legs in the kayak's cockpit. Basic paddling skills and safety considerations to help parents adapt strategies to comfortably kayak with your child. Appropriate for children age 1-5/ max 250lbs per boat. (min 2/max 6)

Wed. 2:30-4:00pm, 5/26-6/9

Fee: \$104 per adult/child pair.

Location: Warner's Pond access off Commonwealth Ave, Concord.

FATHER'S DAY TRIP: What a great surprise for a Father's Day gift and fun family day! Enjoy a leisurely kayak trip on the Concord River led by an experienced guide. No experience needed. Sat. 6/19, 9:00-noon.

Fee: \$75 age 15+ / \$35 age 6-14 / Free age 1-5

Trip begins from Old Cow Pasture Boat Launch, Lowell Rd. Concord. (min 2 /max 6) Max. 250lbs per boat.

PAN MASS CHALLENGE BEDFORD KIDS RIDE

Saturday, June 19, 9-1 PM, John Glenn Middle School

Over 400 kids from Bedford and surrounding towns are expected to ride their bikes in support of the Dana Farber Cancer Institute and its Jimmy Fund. Choose a route that is right for you: Wally's Way, an obstacle course for tykes on trikes; Green Monster, a 3 mile ride for young adventurous riders; Big Papi, a 6 mile ride for more experienced riders; Big Papi Slam, a 10 mile ride for those who want a real challenge; and Fenway, an off-road route just for teens. Contact Amy Mason at a.mason10@verizon.net with questions or for more information.

BEST/PTO CARNIVAL AND CIRCUS @ BHS

BEST will host a Circus followed by a Family Carnival with traditional carnival food, face painting and over 14 games where everyone wins a prize on Saturday 3/20/2010. The Circus show times are 11AM, 1PM, & 3PM, and the Carnival is noon - 5PM. Carnival game tickets are available in a sheet of 24 for \$6 or 2 sheets for \$10. Carnival tickets can be used towards games and food!

Tickets for the circus are only \$8 for adults and children!

Circus tickets may be purchased in advanced at the Bedford Recreation Department or online at www.bedfordrecreation.org All proceeds from the circus and carnival to benefit BEST/PTO (Bedford Elementary Schools Together/Parent Teacher Organization) www.bestpto.org

ADULT ACTIVITIES

EXERCISE, FITNESS AND DANCE

TAP DANCING w/ Chuck Frates

Come join in this All-American form of dance! Get those feet tapping to the rhythm in one of two levels of classes offered.

You'll not only have a great time but a good work out also!

*If you'd like to view a class before you register, please contact us. Wed. 4/7-6/9 (no class 4/21 and 5/12) 8wks. Classes held in the High School Dance Studio. Min3/Max18 **Fee: \$120**

Advanced class: 6:30-7:30pm-(some experience)

Beginner class: 7:30-8:30pm-(no prev. experience/or refresher)

YOGA w/ Randi Currier

Come dedicate your passion and your energy to something bigger than yourself. Our moderately strenuous practice builds strength, flexibility and awareness, drawing us towards the naturally free state of our bodies. Our ultimate intention is to find ourselves at ease with the world. Randi Currier is a certified yoga teacher who incorporates aspects of Iyengar, Kundalini, and Kripalu teachings. She is grateful for the wonderful students who enrich this ongoing class and welcomes new students. Suitable for beginners and advanced beginners. Please bring a yoga mat, a thick blanket, as well as a yoga block and belt if you have them. (min 10/max 20) Class held in Town Center, Union Room.

Wed. 7:15-8:30pm, 4/14-6/2, (no class 4/21) 7wks **Fee: \$85**

YOGA-LATES w/ Joan Howard

This late morning class will offer a unique and effective technique combining the ancient tradition of yoga with the contemporary practice of pilates. Stretching, strengthening and toning all the body's major muscle groups to create a slender, streamlined shape. It enhances posture, flexibility, balance and overall endurance with the main focus on core muscles. Each class will begin with centering, move through an intelligently sequenced flow of asanas and end with meditation. Please bring a yoga mat and blanket. Thurs. 11:30-12:30pm 4/8-6/17 (no class 4/22), 10wks Class held in the Union Room, Town Center. (min 7/max 25)

Fee: \$95

POWER VINYASA FLOW YOGA w/ Yoko Chun

This yoga is for those who want to be challenged and feel great. Vinyasa yoga is a steady flow of connected yoga postures linked with breath - seamless flow of movements. We'll cover the basics - Sun Salutations, Triangle, Warrior. Practicing these poses will help to increase your flexibility, core strength, stability and bolster physical and mental well-being. Bring: yoga mat, towel and water bottle. Block, strap, and blanket optional but recommended. Yoko Chun Lic.Ac. is a licensed acupuncturist

and proprietor of Bedford Acupuncture Center. Yoko completed training with internationally renown yoga instructor Natasha Rizopoulos. (min 10/max 20) Fri. 6:00-7:30pm, 4/9-6/11; 10wks. Class held in the Union Room, Town Center **Fee: \$120**
*Free Trial Class: Fri 3/26, 6:00 - 7:30 PM. Call to register.

ZUMBA® DANCE-FITNESS w/Sharon Pugatch

Get fit, have fun and leave the world behind! Zumba is a Latin inspired, dance-fitness class that incorporates Latin/International music and dance movements for one hour of calorie-burning, body-energizing, movements meant to engage while having a blast. The routines feature interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary. Please wear comfortable clothes, sneakers, water and a towel.

Contact: sharonellen.dancefitness@comcast.net for more info. (10 wks)

ZUMBA: all fitness levels welcome (min 7/max25) **Fee: \$100**

OPTION 1: Mon., 5:50-6:50pm, 4/5-6/21 (no class 4/19 & 5/31)

Class held in the High School Dance Studio.

OPTION 2: Fri., 10:45-11:45am, 4/9-6/18 (no class 4/23)

Class held in the Union Room, Town Center.

ZUMBA EXTRA with TONING: (max 15)

The Extra stands for a combination of cardio, dance, toning and learning dance rhythms. Must have taken Zumba previously.

Toning sticks required/ \$15 purchase at 1st class. HS Dance Studio. Tues., 5:50-7:10pm, 4/6-6/15 (no class 4/20) **Fee: \$100**

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout, develops strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. All classes held in the Union Room, Town Center. (Min 9/max 20)

Try "Nia" Free class: Wed. 3/31, 9:30am or Thur. 4/1, 6:30pm.

Mon. 9:30-10:30am, 4/5-6/21 (off 4/19, 5/31) 10wks **Fee: \$90**

Wed. 9:30-10:30am, 4/7-6/16, (off 4/21) 10 wks, **Fee: \$90**

Thurs, 6:30-7:30pm, 4/8-6/17, (off 4/22) 10 wks, **Fee: \$90**

MYSTERY WALKS w/ Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We usually walk four to five miles, rain or shine. Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 20 years. She has a great following and it will be more an adventure than a walk! Thurs., 9:30-noon, starts 4/1-5/27 (no class 4/22) 8 wks **Fee: \$80**

* Weather cancellations will be made up at the end.

PILATES MAT CLASS w/ Pauline Whalley

Pilates will firm your abdominal muscles creating core strength, stretch the entire body from head to toe and help create long, lean, toned muscles. This is a great total body conditioning class that strengthens and tones muscles, improves posture, provides flexibility and balance. The use of resistance bands may be used in class to provide extra challenges to core conditioning and more intense stretches. Pilates participants should feel better after 1 session and look different after just 10 sessions - longer and leaner with better posture. All levels welcome. Bring a mat and water. (min10/max20) 10wks.

Mon. 7:00-8:00pm, 4/5-6/21 (off 4/19 and 5/31) Held in the High School Dance Center **Fee: \$120**

Thurs. 5:15 - 6:15pm, 4/8-6/17 (off 4/22) Held in Union Room, Town Center. **Fee: \$120**

SPRING BIKING w/ Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. We explore many on and off-road trails during our rides through Bedford, Lexington, Concord and other towns. We will rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides and helmets are required. We'll ride a solid 20 miles on each outing. When registering please provide your email address and contact the instructor at maryhurley@comcast.net for meeting locations. (8 wks) **Fee: \$80**

Option 1: Mon. 9:30-noon, start 3/29-5/24 (no class 4/19)

Option 2: Tues. 9:30-noon, starts 3/30-5/25 (no class 4/20)

Option 3: Fri. 9:30-noon, starts 4/2-5/28 (no class 4/23)

WOMEN'S OUTDOOR BOOT CAMP w/ Sandy Morvillo

Let's shake off those winter blues and those few extra pounds that have been creeping up on you, or maybe you have been working out religiously and have reached a plateau. Whatever your reason, let's jump start the Summer into a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on Girls, it's go time! Sneakers, outdoor workout attire and water a must. Summit Health & Fitness donating T-shirts to participants. Sign up for as many days and sessions as you'd like. Classes will be held rain or shine. Meet at the High School Track. Age 16+ (min 10/max 50) 8wks **Fee: \$92/Class**

Session:	Day/Time:	Dates:
Spring	Class I: Mon. 6:30-7:30pm	4/5-5/24
	Class II: Wed. 6:30-7:30pm	4/7-5/26
	Class III: Sat. 7:30-8:30am	4/10-5/29
Summer 1	Class I: Mon. 6:30-7:30pm	5/31-7/19
	Class II: Wed. 6:30-7:30pm	6/2-7/21
	Class III: Sat. 7:30-8:30am	6/5-7/24

Summer Session 2 will start week of 8/2, details and sign up info available in the Summer brochure in May.

TAE KWON DO SELF DEFENSE AND STRETCH

w/ Yous Taekwondo Studio

This course is an introduction to a system of techniques for self-defense and counter-attack by the unarmed. Promotes skill development in basic Tae Kwon Do techniques as well as various stretching and exercises to encourage relaxation, meditation and a stronger well being. Wear comfortable clothing and bring water. 8 wks (min 8/max 20) **Fee: \$79**

Option 1: Mon. 10:00-10:45am, 4/5-6/7, (no 4/19 and 5/31)

Option 2: Thurs. 7:00-7:45pm, 4/8-5/27

Open to both men and women age 16+. Classes held at Yous Taekwondo Studio, 55 North Rd. Suite 225.

BODYJAM™ and BODYPUMP™

w/ Nancy Griffiths and her elite team of instructors

BODYJAM™ The hottest new workout combining the addictive fusion of the latest dance moves and hip new sounds. You'll be having fun and burning lots of calories without even realizing it. No previous dance experience required; choreography is layered and simple. Our instructors will coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Bedford Recreation is proud to be THE ONLY place in the greater Boston area offering this exclusive fitness dance program. Please bring towel, water and sneakers. Age 15+. (min 10/max 30)

BODYPUMP™ is the fastest way to shape up and lose body fat. The original barbell workout that strengthens and tones your entire body, challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. The simplicity of the class makes a great starting point to develop strength and confidence. Uplifting music synchronized with the exercises motivates you through the workout. Normally exclusive to private gyms with costly membership fees, Bedford Recreation is proud to be the first town in the Northeast to offer these exclusive programs at an affordable cost. Please bring mat, towel, water and sneakers. Age 15+ (min 10/max 20)

Fee: \$194 (Must register for minimum of two classes per week)

Additional classes: \$97 for each additional class per session

BODYJAM OPTIONS: Classes run 10 weeks

Saturday, 10:15-11:15am, 4/10-6/12, Union Room, Town Ctr

Tuesday, 6:30-7:30pm, 4/13-6/15, Davis School Gym

(note: Tues, 4/20 class held in Union Room, Town Ctr)

Thursday, 9:15-10:15am, 4/15-6/17, Union Room, Town Ctr

BODYPUMP OPTIONS: Classes run 10 weeks

Saturday, 9:00-10:00am, 4/10-6/12, Union Room, Town Ctr

Tuesday, 9:15-10:15am, 4/13-6/15, Union Room, Town Ctr

Wed, 6:00-7:00pm, 4/14-6/23 (off 5/5), Union Rm, Town Ctr

***FREE TRIAL CLASS:** Saturday, March 27.

PUMP at 9:00am and Jam at 10:15am (Union Room, Town Ctr)

Call to register, space limited.

NORDIC POLE WALKING w/Stephanie Woodward

Come explore walking with Nordic Poles and discover the many health benefits of this easy form of exercise. Unlike normal walking it exercises the whole body rather than just the legs. As you use your arms to push off from the flexible poles, the whole range of upper body muscles is used, helping to strengthen the back and abdominal muscles. It uses 90% of the body's skeletal muscles and lightens the load on the lower body. It helps strengthen bones, increases cardiac output, burns approx. 25% more calories than regular walking and reduces tension in the neck, shoulders and back...and it's fun to do!! www.leki.com for more info. Wear comfortable clothing, sneakers and water in a waist pack holder. Sat. 9:30-10:45am, 5/1-6/5 (6 wks) **Fee: \$81** Meet in front of Town Center Building, grass circle area.

*1st class will spend ½ hour on instruction. Pole rental included
Min 5/Max12

ARTS AND MUSIC FOR ADULTS**PHOTOGRAPHY WORKSHOPS**

w/ Bedford Photographer Joan Ross

Using Your Digital Camera: Did you get a digital camera recently and want to learn what all those buttons are for? In the first session we'll cover all those questions and help you understand your camera. In the second session, we practice using the camera in photographing different objects. Bring your camera and instruction manual with you to class! (min 4/ max 8)

Wed. 7:00-9:00pm, 4/28 and 5/5 (2 wks) **Fee: \$33**
Classes held in The Corner, Room 101, Town Center.

Taking a Good Portrait: We will discuss how to choose the camera mode and angles to shoot for best results. You will learn about the appropriate use of lighting and when to use natural, off-camera and on-camera flash options. We'll consider how to pose your subject whether there is one person or a group. We'll introduce you to choosing vendors and software for albums and prints. Bring your camera and instruction manual to class.

Mon. 6:00-9:00pm, 5/3 and 5/10 (2 wks) **Fee: \$33**
Class held at Joan Ross Studio, 37 Pickman Dr. Bedford

WATERCOLOR STUDIO w/ artist Cynthia Durost

Explore the many dimensions of watercolor, wet-on-wet, transparency and opaqueness, combined with the techniques of composition, line, value and perspective. A range of subjects from still life to landscape will be the focus of each workshop. All skills levels welcome. (min 5/max 10) Materials needed: watercolor set and paper. 8 wks. Class at Carlisle Town Hall, 66 Westford St.

Mon. 1:00-3:00pm, 4/12-6/21(no class 4/19 and 5/31) **Fee: \$140**

HARMONICA w/ Tim Gartland

Instructor Tim Gartland, a Bedford Resident has 30 years of playing experience and has performed with Bo Didley and the Legendary Blues Band. All students receive a copy of his Talking Harmonica Training Guide and CD. Students must purchase a ten-hole diatonic harmonica in the key of C, available at local music

stores. For more info. www.talkingharmonica.com (min 2/max 6)

Beginner: Introduction to Folk, Blues and Rock Harmonica.

Beginner lessons will give you solid introduction to this uniquely expressive and affordable, pocket sized harmonica. No prior musical experience is necessary.

Wed. 6:45-7:30pm, 4/7—5/19 (no class 4/21), 6 wks **Fee: \$120**

Advanced: This class is advanced for those who have completed the intro class or have already been playing beyond the beginner level. Also appropriate for accomplished musicians who play another instrument. After this course, the student will be ready to perform with other musicians.

Wed. 7:30-8:15pm, 4/7-5/19 (no class 4/21) 6wks **Fee: \$120**

All classes held at The Corner, Room 103, Town Center.

PASTEL DRAWING w/ artist Alma Bella Solis

In this Studio class, students will use as subjects the works of master artists and range from nature, still life to portraits in the pastel medium. Will work to finish 2-3 art pieces. Materials list will be emailed to you. (min 4/max 8) **Fee: \$115**

Tues. 6:00-8:00pm, 4/6-5/18 (no class 4/20 and 5/11) 5wks

Class at Carlisle Town Hall, 66 Westford St.

**ADULT SPORT PROGRAMS
INSTRUCTIONAL AND OPEN****KAYAKING ADVENTURES w/Still River Outfitters**

See section Special and Family Events page 4

BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica,

51 Baldwin Rd. Billerica

www.barriebrucegolfschools.com

MINI SCHOOLS: 3 one-hour lessons directed at those who are playing on a regular basis. **Fee: \$92**

Short Game: putting, pitching/chipping and sand-trap. Club selection and pre-shot planning emphasized.

Fri. 7:00pm, 5/7-5/21

Sun. 10:00am, 5/30-6/13

Combination: irons, woods and short game.

Sun. 9:00am, 5/2-5/16

Fri. 5:30pm, 5/14-5/28

GOLF SCHOOL 1: 5 one-hour lessons for the new Golfer or one with little experience. Fundamentals of the game emphasized. Need pair of sneakers or golf shoes.

Sun. 11:30am, 4/11-5/9

Mon. 7:00pm, 5/3-5/31

Sat. 11:30am, 5/15-6/12

Fee: \$145

GOLF SCHOOL 2: 5 one-hour lessons for students who have some experience and want to improve their skills with more advanced techniques.

Sun. 10:00am, 4/25-5/23

Wed. 7:00pm, 4/28-5/26

Fee: \$145

ADULT TENNIS w/ Barbara Aldoriso

Beginner's class covers basic strokes, volley, serve, some strategy and court coverage. The Advanced class focuses on strategy, improvement of skills and fun drills. Please bring a racket and water. Lessons held at the Middle School courts. **Fee: \$55**
Tuesdays, 6/1-7/6 (rain dates will be made up) 6wks

Beginner: 5:30-6:30pm (min 5/max 10)

Advanced: 6:30-7:30pm (min 5/max 8)

ADULT INDOOR PICK UP SOCCER,

Join us for outdoor pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Both programs at Davis School Gym. **No Fee**

Men: Tues & Thurs, 9:00 - 10:00pm, 4/6 - 6/17 (off 4/20, 4/22, 6/3, 6/10)

Women: Mon, 9:00 - 10:00pm, 4/5 - 6/14 (off on 4/19, 5/31)

ADULT OUTDOOR PICK UP SOCCER,

Join us for outdoor pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. **Fields and times TBA on Recreation Website**

ADULT OPEN VOLLEYBALL

Open to all Bedford residents age 18+ and not in high school. Please bring your own volleyballs. Program runs 4/5 - 6/16 at the Lane School Gym. **No Fee**
Mon. & Wed. evenings, 7:00 - 10:00pm. (off on 4/19, 4/21, 5/31)

ADULT PICKUP BASKETBALL

Open to all Bedford residents age 18+ and not in high school. Please bring your own basketballs. High School Gym. **No Fee**
Mon. & Thurs., 7:00 - 10:00pm, 4/1 - 6/14 (off on 4/19, 4/22, 5/31, 6/10)

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. Lane School Gym. (max 22) Tues., 7:30 - 10:00pm, 4/6 - 6/8 (no use 4/20) **Fee: \$15**

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Lane School Gym.
Thurs., 7:30pm - 9:30pm, 4/8 - 6/3 (no use: 4/22) **No Fee**

PERSONAL INTEREST CLASSES & WORKSHOPS

TAE KWON DO SELF DEFENSE AND STRETCH

See Adult Fitness category

IMPACTFUL RESUME WRITING-3/16 and 3/24 &

BATHROOM DESIGN 101-3/16

See Winter Brochure online at www.bedfordrecreation.org

NOT YOUR PARENT'S REAL ESTATE MARKET**Buying and Selling a House in the 21st Century**

Suzanne Koller, RE Broker w/ CRS, LMC and ABR designations

Michelle Maurice, Certified Home Staging and Redesign

Suzanne and Michelle will guide you through an informative one night session on buying and selling a house in a tough economic climate. They will take you through today's process and demonstrate the use of current "social networking" media such as Craig's List, Twitter and Facebook as well as how to effectively "stage" your house for optimal presentation online and to potential buyers. Together they will show you how to make a tremendous first impression on buyers through the use of video, technology and hands on preparation ideas and tools. (min 3/max 25)

Wed. 7:00-9:00pm, 4/7

Fee: \$25 individual/ couple

Class held in The Corner, Room 101, Town Center.

FINANCIAL WORKSHOP SERIES

Barb Davis, Financial Advisor

w/ Edward Jones Investments

Get Back on Track: Develop Your Financial Recovery Plan

Teaches how to develop your financial recovery plan.
Mon. April 5.

Foundations of Investing: Participate in a discussion of key features of bonds, stocks and mutual funds. Learn why asset allocation is important and how inflation can impact your long term goals. *Tues. April 13*

Family Matters with Long Term Care: Discuss the funding options for long term care and how long term care insurance can help preserve assets. *Thurs. May 6*

A Woman's Guide to Money Matters: Learn how to prepare for retirement and funding children's education, from a woman's point of view. *Tues. May 18*

Classes held from 7:00-8:00pm in The Corner, Room 101, Town Center. (min 4/max 25) **Fee: \$15 per individual or couple**

MAXIMIZE YOUR COLLEGE FINANCIAL AID**w/ College Funding Advisors, Inc of Bedford**

This workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. We will demystify the financial aid process and teach you how to access more than \$90 billion in financial aid dollars. Strategies will be presented that will help protect your assets by maximizing your eligibility for aid effectively lowering your college costs. You will learn the optimum time to set the strategies in place (before Junior year!) and why if you wait until aid form deadlines, you may miss out on the full amount of aid for which you should qualify. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. A free comprehensive analysis will be provided for those attending.

Tues. 7:00-9:00pm, 4/27 (min 3/max 25) **Fee: \$25 per family**
Class held in The Corner, Room 101, Town Center.

SPEED SPANISH w/ Evelina Kolchinsky

This is an ideal course for students who have never studied Spanish. By utilizing visual and audible association with familiar images, students will be able to build a vocabulary of at least 100 useful words. Introduction to important verbs that will empower students to build dozens of sentences within the first two classes. By the end of the course, students will be able to express what they need, ask simple questions and understand basic answers. Will also practice social protocol and learn about different cultural differences. Bring a pack of index cards and 3 colored markers. Material fee payable to the instructor first night of \$10 plus tax. Ages 15+

Mon. 7:00-9:00pm, 5/3-5/24, 4wks. (min 5/max 10) **Fee: \$70**
Class held at Carlisle Town Hall, 66 Westford St.

**MOTIVATION TO EXERCISE: Empowerment Workshop
w/ Dr. Susan Worthen McCombs D.C. Ed**

Sue is a certified Hypnotherapist who has used holistic healing techniques for over 20 years. She established the Bedford Personal Empowerment Center in 1989. Audio CD will be available that evening for \$30 (min 5/max 20)

What if you could develop a true desire for working out? Exercising (or a lack of it) is simply a habit pattern we get into. Your powerful mind possesses the ability to create positive actions, allowing you a lifetime of healthy habits. This program will help you find the time and let go of procrastination. **Fee: \$40**

Mon. 7:00-8:30pm, 4/12. Class held in room 101, The Corner in the Town Center.

ELIMINATE FOOD CRAVINGS**w/ Terry L. Currier, Certified EFT practitioner**

Come and learn a simple yet powerful and effective method for eliminating cravings for junk food or other unhealthy substances. EFT is a technique that works with the meridians, those channels of energy which run through the body. It is similar to acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points. Whether you want to lose weight or eat more healthfully, EFT will help to curb cravings and break poor eating habits. www.tlcwellness.org for more info. Class held in The Corner, Room 101, Town Center. Thurs. 7:00-9:00pm, 5/20. (min 4/max 12) **Fee: \$35**

AMERICAN RED CROSS CPR/AED**(Adult, Child, Infant)**

This course will train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies. Includes training in the use of an automated external defibrillator. Successful completion of class gives one year certification. Bring a towel/mat to kneel on. (min 6/max 12)

Full Certification: 6 hour class**Fee: \$65**

Mon. 5/17 and 5/24, 6:00-9:00pm

Class held in The Corner, room 101, Town Center.

Re-certification: 3 hour class**Fee: \$42**

Mon. June 7, 6:00-9:00pm, Flint Room, Town Center

BEDFORD FARMERS' MARKET**www.bedfordmarket.org**

Spring is just around the corner. Mark your calendar: Opening Day is Monday, June 14!! Join Us!! We are looking for volunteers to help with planning and running special events, writing articles for the newsletter, coordinating volunteers, education, and working at the manager's table at the market. It doesn't take much time to make a difference; you'll have fun and meet lots of people in the process. Help support the Bedford Farmers' Market with the gift of your time. **Contact Susan Grieb at slgrieb@comcast.net**

HAVE AN IDEA OR A REQUEST??**We would like to know...**

In our effort to expand our adult offerings and family programs, we are looking for ideas, contacts and instructors. If you have a program/class you would like to see offered or would like to teach, please contact us with your idea, request or contact information.

Contact Raeann Gembis: 781-275-1392 ext. 355

rgembis@bedfordma.gov

PRESCHOOL PROGRAMS

CREATIVE PLAY (ages 2.5 - 4) w/ Bonnie Leroux

Encourage your child to be interested in reading! This program is designed for children to interact with each other while exploring a different classic children's book each week. The book will be read to the class and a craft based on the story will be completed by your child. *Brown Bear Brown Bear, If You Give a Mouse a Cookie, Harold and the Purple Crayon* are a few of the books that will be covered. Participants will also have an opportunity to socialize with other children and explore a variety of activities set up each week such as play dough, stickers, markers and more. Program takes place in the Kids Club Kindergarten Room at the Town Center Building on 12 Mudge Way on

Wednesdays 9:45 - 10:45; 4/7 - 5/26 (no class on 4/21) 7 wks

Fee: \$75

FAMILY MUSIC PROGRAM w/Real School of Music

Real School is offering an exciting, fun-filled Family Music program for infants through 5-year olds. These weekly 45-minute sessions allow children and parent/caregivers to participate at their own level using a family-orientated approach to music making. We run a mixed-age class allowing children to participate by watching and hearing adults and other participants singing, moving, and playing instruments. Family Music encourages self-confidence, focus, reasoning abilities, and social skills; and will build a foundation for a lifetime of musical enjoyment.

All classes will be held at the Real School of Music, 56 Middlesex Turnpike, Burlington, MA. (9 weeks)

Thurs 10:00-10:45 AM 5/13 - 7/8

Fee: \$180

PRESCHOOL SOCCER (4& 5 yrs.) w/MA Premier Soccer

This fun introduction to soccer is open to all 4 and 5 year olds. The emphasis is on fun and activity. Tuesdays, April 27 – June 1 1:00 – 1:45pm at the Town Center fields (6 weeks). Each child must bring a size 3 soccer ball. Children should wear shin guards and bring water.

Fee: \$55

MIXED MEDIA (Ages 4 - 6) with Penny Leslie



Join Penny for this art session! Participants will have the opportunity to explore the use of water color, tempera, and acrylic along with other art

materials with a variety of projects to stimulate the imagination and develop fine motor skills, all while having fun!! All supplies provided. Classes held at The Corner room 101 at the Town Center Building, 12 Mudge Way. Mondays, 4/5 - 5/24 (no class 4/19) 7 wks. 9:00 AM – 10:00 AM; (min 6/max. 12) **Fee: \$85**

MINI YOGIS (ages 4 - Kindergarten) w/Bonnie McCulloch

Come play yoga! Become a cat, dog, cow, frog and lion all in one class. We will have fun, giggle and learn yoga poses by taking the shape of plants and animals. Through storytelling, songs and yoga games, this active class will help develop better body awareness, self-control, flexibility, and coordination. Classes will be from 10:45-11:30 in the Union Room. Mondays 4/5 – 5/17 (no class 4/19) 6 classes (min 6/ max 8) **Fee \$75**

PREGYMNASTICS @ The Edge, 191 Hartwell Rd.

Jennifer McGrath & Dotty Martin keep the children moving in this exciting class that teaches children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with sneakers or bare feet. (Parents must stay and participate with children enrolled in the 2-3 year old class and younger) Classes take place on Mondays 4/5 - 6/21 (10 weeks) off 4/19, 5/31 (min10/max14) **Fee: \$155**

9:00 - 9:40 **2 - 3 yrs old w/ Adult Partner**

9:45 - 10:20 **2 - 3 yrs old w/ Adult Partner**

10:25 - 11:10 **3 - 4 yrs old. Parent drop off:** *Parents may not wait in the hallways or on the field;. Parents can watch from the waiting area or in the Lobby.*

11:15 - 11:55 **2 - 3 yrs old w/ Adult Partner**

12:30 - 1:10 **3-5 yrs old. Parent drop off**

1:15 - 2:00 **Kindergarten**

****K—5th grade gymnastic class information located Elementary Section of brochure; page 6 ****

SUZUKI EARLY CHILDHOOD EDUCATION CLASS

w/ Carlough Faulkner-Carroll & Ian Carroll

Ages: newborn - 3.11

This program based on the teachings of renowned educator Shinichi Suzuki provides a rich, fun and rewarding learning environment by using a specific curriculum of songs, rhymes and movement game, supplemented with a variety of percussion instruments and props. The repetition of this curriculum can stimulate many facets of brain development: melodic and rhythmic awareness, language acquisition and motor skills among them. The class environment can teach children appropriate social behavior at a young age as we celebrate the relationship between parent and child. Parents or care givers are required to stay and participate. A \$20 materials fee for new enrollees is due to the instructors on the first day of class which includes a CD that can be used at home and an informational booklet. Thursdays 9:30 - 10:30 @ the Kids Club Activity Room in Town Center. Thurs. 4/8 - 6/3 (off on 4/22) 8 weeks (min6/max12). Class will perform in a concert on Sunday, June 6 on the town common **Fee: \$160**

ELEMENTARY SCHOOL ACTIVITIES



INTRAMURAL SPRING SOCCER (K-8)

DEADLINE TO REGISTER FOR SPRING

INTRAMURAL SOCCER: **March 31.**



Season: April 17 – June 12. Volunteer coaches offer this Saturday soccer experience. The objective is for children to enjoy and learn the sport of soccer. Participants must wear shin guards and bring their own soccer balls. Please note: players are placed on either the girls' teams or the boys' teams in all age groups. If there are not enough players in for a grade 6-8 group, the 6th graders will play with the 3-5th graders and the 7th and 8th graders will receive a refund.

Parents provide all coaching and support functions necessary for the program's success. Please indicate your willingness to coach or assist on your child's registration form or in the notes section on online registration.. No experience is necessary. We will provide training.

Fee: \$35

Uniforms available at the Rec. Office and cost \$10

Please register/buy uniforms early. **LAST DAY TO REGISTER IS MARCH 31.** All late registrants will be waitlisted.

Kindergarten Boys	10:30 - 11:30	South Rd Back Field	Ball size 3
Kindergarten Girls	10:30 - 11:30	South Rd Front Field	
Grade 1 Boys	12:00 - 1:15	South Rd Back Field	Ball size 3
Grade 1 Girls	12:00 - 1:15	South Rd Front Field	
Grade 2 Boys	8:30 - 10:00	South Rd Back Field	Ball size 4
Grade 2 Girls	8:30 - 10:00	South Rd Front Field	
Grade 3 - 5 Boys	9:00 - 10:30	Davis School Field	Ball size 4
Grade 6 - 8 Boys	9:00 - 10:30	Davis School field	
Grade 3 - 5 Girls	9:00 - 10:30	Lane School Field	Ball size 4
Grade 6 - 8 Girls	9:00 - 10:30	Lane School Field	

APRIL VACATION SOCCER CLINIC (AGES 4-13)

w/ Mass Premier Soccer

Players will be introduced to the basic techniques of soccer in a fun and positive environment. Emphasis will be on learning through fun games and small-sided play. Groups will be kept to a maximum of 10 per coach, co-ed, and split by age. April 20 - 23. Tue. – Fri. @ Lane soccer field/Gym. (Min.10/Max30)

9-12pm (ages 4-7)

\$135 half-day

9-3pm (ages 7-13)

\$225 full-day

CHESS w/ International Chess Institute (Gr. 3-5)

Chess is the classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a chess instructor from the International Chess Institute, the class is geared for all levels of chess players. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Lane School Café, Fri. 4/9 – 6/4 (off 4/23) 8 weeks (min 8/max12) 3:00 - 4:00 PM

Fee:\$90

INTRODUCTION TO KENPO KARATE

w/ Callahan's Karate (Ages 5-13)



4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Our award winning programs are a great way to develop confidence,

focus, and self discipline while learning the basics of Karate and self defense. (min 5/Max 10)

Fee: \$40/Session

Option 1: Wednesday 5:30 - 6:10 pm; 4/28 - 5/19.

Option 2: Saturday 10:00 - 10:40 am; 5/8 - 5/29.

DAVIS EXPLORING ART (Grades 1-2)

with Lori Murphy

Welcome to the spring session of Art Expression! Once inspired by pictures, demonstrations and artist's work, you as the artist, will get to choose a project you'd like to create, adding your own ideas and choosing what art materials you'd like to use to create the project. You'll explore different types of artistic media, work together with your friend, while trying a variety of art forms such as drawing, painting, collage and sculpture. Guidance will be provided to help execute ideas. Please bring a snack! (8 weeks) Tuesdays (*New Day*) 4/6- 6/1(no class on 4/20) 3:00 – 4:15 @ Davis cafeteria. Min. 8/Max. 12.

Fee: \$95

GYMNASTICS (K - 5th grade) with Jennifer & Dotty

Jennifer & Dotty will keep your children moving in this exciting class. Basic gymnastics skills using floor, bar, vaulting, and low and high beam will be taught. Children should wear comfortable clothes with sneakers or bare feet. PLEASE NOTE: Classes held at the EDGE 191 Hartwell Road. Classes take place on Mondays 4/5 - 6/21 (10 weeks) off 4/19, 5/31 (min10/max14)

1:15 - 2:00 Kindergarten

Fee: \$155

3:45 - 4:30 Beginner Gymnastics: Learn to do forward and backward rolls, cartwheels and handstands

Fee: \$155

4:30 - 5:15 Intermediate Gymnastics: Gymnasts should know how to do forward and backward rolls, cartwheels and handstands

Fee: \$155

5:15 - 6:15 Advanced Gymnastics: Gymnasts should be able to do round offs, back and front walkovers with assistance and back handsprings with assistance.

Fee: \$155

HERSHEY TRACK PROGRAM**(ages 9 - 14 as of 12/31/10) w/ David Bell**

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile? Are you fast? Do you like to race? Can you and your friends form a fast team? If so, come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet Events. The emphasis is on participating, learning, improving, and doing the best one can. Events include a softball throw for distance, the broad jump and four individual running races of different distances, and a 4 x 100 relay race. Come with your relay team together, or we will create and put you in one. The events are contested in three age groups, 9 - 10, 11—12, and 13 - 14 year olds. Practices take place at the BHS Track on:

Tues. June 1 4:00 - 5:30

Wed. June 2 1:00 - 2:30

Tues. June 8 4:00 - 6:00 scrimmage in Harvard (rain date 6/9)

Tues. June 15 4:00 - 5:30

Thurs. June 17 5:45 - 8:15 Local Qualifying Meet in Harvard.
(Rain Date: Fri. 6/18) Those that qualify are eligible for the State Meet on Saturday 6/26

Fee: \$65**SWORD FIGHTING FOR KIDS! (Grades 3-5)****With Guard Up!**

What do you get when you mix Harry Potter and Spiderwick with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice swordfighters play games that require strategizing, teamwork, problem solving and an accurate sword arm. There is a materials fee of \$20 to lease a sword or \$57.75 to purchase one (due by the end of the first class). Min8/Max.15. 4/9 - 6/4 (8 weeks) Fridays, 3-4pm, Lane Gym (no class 4/23) **A signed waiver must be submitted to Rec. Office by start of first class.**

Find it @ www.bedfordrecreation.org**Fee: \$148****INTRO TO KEYBOARDS (ages 8 - 12)****w/Real School of Music**

We are offering intro to keyboards in conjunction with the Real School of Music in Burlington, MA. Our beginner group keyboard lessons will give you solid introduction to the instrument, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time. Learning the keyboards in a group environment is a great way to decide whether you want to move on and take private lessons. It will give you chance to learn along with others in a comfortable setting. Students will need to purchase a method book. Electric Keyboards will be supplied by the school. All classes will be held at The Real School of Music, 56 Middlesex Turnpike, Burlington, MA. Tuesdays 6:30 - 7:15 PM 5/4 - 6/8 (6 weeks)

Fee: \$120**INTRO TO GUITAR (ages 8 - 12)****w/Real School of Music**

We are offering intro to guitar in conjunction with Real School of Music in Burlington, MA. Our beginner group guitar lessons will give you a solid introduction to the guitar, establish proper techniques and approaches, and review practice methods that will make the most productive use of you time. Learning the guitar in a group environment is a great way to decide whether you want to move on and take private lessons. It will give you a peak into what The Real School of Music is all about and a chance to learn along with others in a comfortable setting. Students will need to purchase a method book and supply their own guitar. Either acoustic or electric guitars can be used for the course.

Fee: \$120/session**S I:** Mondays 6:30 - 7:15 PM 5/3 - 6/14 (6 weeks) off 5/31**S II:** Tuesdays 6:30 - 7:15 PM 5/4 - 6/8 (6 weeks)**S III:** Thursdays 6:30 - 7:15 PM 5/6 - 6/10 (6 weeks)**KINDERGARTEN AFTER SCHOOL SPORTS****w/ Laurie Willey**

From 3:00 – 3:30, Kindergarten children will enjoy quiet activities and snack (please send a snack!) in the cafeteria. From 3:30 (after bus dismissal from the gym) until 4:15, students will enjoy active games in the gym. Parents are responsible for transportation home at 4:15pm. Min 10/ Max. 20

Thursday 4/8 - 5/27, no class on 4/22 (7 weeks)

Fee: \$75**DAVIS AFTER SCHOOL SPORTS (Grades 1 & 2)**

From 3:00 – 3:30, children will enjoy quiet activities and snack (please send a snack!) in the cafeteria. From 3:30 (after bus dismissal from the gym) until 4:15, students will enjoy active games in the gym. Parents are responsible for transportation home at 4:15pm. Max. 20

Mondays, 4/5 - 6/7 w/ Peter Laskaris & Judy Johnson (no class 4/19, 5/31)**Fee: \$80****Tuesdays, 4/6 - 6/8 w/ Peter Laskaris & Judy Johnson (no class 4/21)****Fee: \$85****LANE AFTER SCHOOL SPORTS****w/ Laurie Willey**

An opportunity for children to play a different variety of sports after school. Parents are responsible for transportation home at 4:00pm. Min. 8, Max. 20

Fee: \$85**Gr. 3 - 5:** Mondays 4/5 - 6/7 (off 4/19, 5/31)**SPRING EARLY MORNING GYM (LANE)**

Join us for early morning open gym time. To participate in this program, students must be members (waivers, payment, etc. through the Recreation Department). The program runs from 4/5 - last day of school. The program runs Monday through Friday, 7:30- 8:30 AM (excluding holidays and no school days). Open to all Lane School students.

Fee: \$70

BARRIE BRUCE GOLF SCHOOL
Classes held at Country Club of Billerica,
51 Baldwin Rd. Billerica

APRIL VACATION JUNIOR GOLF CLINICS, (ages 7 - 14)

Come and learn golf with Barrie Bruce. These clinics run for an hour and a half M - F and take place at the Billerica Country Club. Each session will provide instruction on address position, swing with both irons and woods, short game, practice techniques and drills. All equipment and practice balls are provided.

Fee: \$85/session

Session 1– April 19 - April 23 10:00 - 11:30 AM

Session 2 - April 19 - April 23 2:00 - 3:30 PM

GIRLS ONLY GOLF, (ages 7 - 14) Girls will receive 5 one and a half hour lessons on the skills and techniques of golf. Program takes place at the Billerica Country Club. April 19 - April 23, 10:00 - 11:30 AM

Fee: \$85

BIG BLUE PLANET

w/ Wicked Cool for Kids (K - 2)



Have fun with the earth's extreme events on our Big Blue Planet. Shake and quake with tectonic plates, whip around in a whirlwind and voyage to violent volcanoes. Bolt into the shocking secrets of lightning. We'll find out what keeps our big

blue planet constantly changing as we look at geology and weather in the world around us, and under our feet. Please note that from 3:00 - 3:15 will be snack time (please pack a snack) 8 weeks. Davis Café, Mondays, 4/5 - 6/7 (no class 4/19, 5/31) 3:00 - 4:15PM (min10/max15)

Fee: \$120

DAVIS KIDS' YOGA (Grades K – 2) w/ Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures, and relaxation techniques presented in a fun and creative manner. From 3:00 – 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:15, students participate in active games in the gym. Fridays 4/9 - 6/11 (no classes 4/23,6/4) 8 classes (min 6/max12)

Fee: \$95

LANE YOGA (Grades 3-5) w/Bonnie McCulloch

In this fun and active class students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Classes will be from 3-4 p.m. in the gym. Tuesdays 4/6 - 6/1 (no class 4/20) 8 classes (min 6/max 12)

Fee: \$95

SPRING TENNIS w/ KA Tennis

Come learn the sport of tennis from Kyle Anderson, a USPTR and USTA certified instructor who has 15 years of full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson and another professional tennis instructor if numbers warrant it.



Saturday Lessons: Program is designed to improve all aspects of the game. Offered over a seven week period, it improves both mechanics and rallying skills. It is intended to introduce the younger kids to the fundamentals of strokes. Further attention is given to the serve and point strategy in the 10-14 year old group. Hands on approach as well as fun games make this class appropriate for all ages. Takes place at JGMS tennis Courts. Program runs for May 1 - June 5 (no class on May 29) Rain outs will be added on at the end of the session. 5 classes

Ages 4 - 6: 8:30 - 9:00 AM,. (Max: 8)

Fee: \$57

Ages 7 - 9: 9:15 - 10:15AM. (Max: 10)

Fee: \$100

Ages 10 - 14: 10:30 - 12:00. (Max: 10)

Fee: \$140

LANE AFTERSCHOOL ART

(gr. 3 - 5) w/ Penny Leslie

Students in this program will be able to choose from many different media such as paper mache, sculpture, drawing, weaving, and jewelry making with gimp. For those interested in further developing their skills in drawing and self expression, there will be plenty of drawing and painting supplies along with ideas and guidance from the instructor. Lane Cafe, Tues. 4/6 - 5/25(off on 4/20) 3:00 - 4:30(7 wks)

Fee: \$90

MIXED MEDIA (Ages 4 - Kindergarten) with Penny Leslie

Join Penny for this art session! Participants will have the opportunity to explore the use of water color, tempura, and acrylic along with other art materials with a variety of projects to stimulate the imagination and develop fine motor skills., all while having fun!! All supplies provided. Classes held at The Corner room 101 at the Town Center Building, 12 Mudge Way. Mondays, 4/5 - 5/24 (no class 4/19) 7 wks. 9:00 AM – 10:00 AM; (min 6/max. 12)

Fee: \$85

ELEMENTARY EARLY RELEASE ACTIVITIES

DAVIS PROGRAMS

The following programs are for Kindergarten - 2nd grade only

MAGICIAN MIKE BENT'S ABRAKIDABRA! Wed. Apr. 7
Mike Bent will be bringing his award winning comedy show Abrikidabra to Davis School. Join in the magical fun as our magician will dazzle and amaze you. This show features astounding magic, hilarious comedy, oodles of audience participation. Participants will eat lunch at dismissal and then be brought into the gym for the show after bus dismissal. Parents responsible for transportation home at 1:45 PM. (Min 20/Max 30) **Fee: \$20**

CREATE & DECORATE YOUR OWN BIRDHOUSES

w/ Penny Leslie Wed. April 28

Penny's bringing wood birdhouses that will be ready for participants to paint and decorate. Create a perfect habitat for one special bird returning to Bedford this spring. An assortment of paints, and decorative materials will be available for participants to choose from. Program takes place in the Davis Café at dismissal. Please send a lunch or snack. Parents responsible for transportation home at 1:30. **Fee: \$15**

MURAL PAINTING w/ Penny Leslie Wed. May 12

Create your own mural to take home using a variety of painting and coloring materials. Choose a theme or make it abstract. Lots of ideas, lots of brushes, and lots of fun! Program takes place in the Davis Café at dismissal. Please send a lunch or snack. Parents responsible for transportation home at 1:30. **Fee: \$15**

NATURE COLLAGE w/ Penny Leslie Wednesday June 2

Participants will meet in the Cafeteria at dismissal for lunch (please pack a lunch) and weather permitting, participants will go outside to work on a collage or sculpture making use of synthetic materials, recycled materials, and materials from nature. Twigs, pods, feathers, wire, twine, yarn, mesh, netting, bubble wrap. Who knows what we'll come up with! In the case of inclement weather program will take place in the Davis Café. Parents responsible for transportation home at 1:30. **Fee: \$15**

LANE PROGRAMS

The following programs are for gr. 3-5 only

PILGRIM LANES AND FUNTIME ARCADE Wed. 4/7

We're heading to Haverhill for some bowling and gaming action! Each participant will receive 2 strings of candle pin bowling and 50 Tokens!!! We will be leaving Lane at Dismissal, and will be returning at approximately 3:45. Please pack a lunch. Only vending machines on site. **Min 25/Max 40 Fee: \$32**

LEARN TO COOK! CAKE DECORATING!

w/ Lori Delisio Wed. April 7

Have you ever wondered how the professionals make cakes look so beautiful? Come learn how to use a pastry bag, how to ice a cake, and how to make your desserts look just like the professional do! Each child will go home with a small, decorated cake to be enjoyed at home! Takes place in the Lane School Café. 12:00 - 1:30 PM. (max 10) **Fee: \$32**

KIDSVILLE ARCADE

Wednesday April 28

Join us as we head out to Bostonville Grill's Kidsville Arcade in Lynnfield for a pizza party, fun and games! Kids will leave Lane at dismissal and board the bus with Recreation Staff to Kidsville. There, each child will get two slices of pizza, a drink, and 40 arcade tokens. Please send your child with extra money if they want more tokens. Bus will return to Lane at approx 3:45 PM. **Min30/Max 40 Fee: \$32**

LEARN TO COOK ! BASIC PASTA MAKING 101

w/ Lori Delisio Wed. April 28

In this hands on pasta workshop participants will learn how to make, roll and cut their own pasta. They will also learn how to flavor the dough and make lemon flavored pasta while stuffing the filling inside of raviolis. Each participant will go home with a box of their own fresh made pasta or ravioli to be enjoyed at home! Takes place in the Lane School Café. 12:00 - 2:00 PM. (max 10) **Fee: \$35**

CHUNKY'S MOVIE THEATER, NASHUA NH

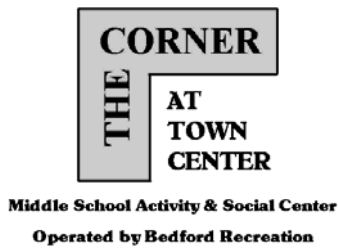
Wed. May 12

Enjoy this all inclusive, all you can eat pizza, popcorn and ice cream while watching a private showing of a new PG film TBD. Bus will leave the Lane at dismissal and return at approx. 3:45PM. **Fee: \$35**

JAY GEES (Lane School) Wed. June 2

Join us for this all inclusive action packed, fun filled afternoon. Each participant will receive a round of mini golf, a go cart ride, 10 arcade tokens (send cash if your child wants more!) a batting cage token, an ice cream or slush, 2 slices of pizza and a 16 oz. drink. We will be leaving the Lane School at dismissal and will arrive back @ Lane at 3:30. **Min 30/Max 40 Fee: \$35**

MIDDLE SCHOOL/HS PROGRAMS



The Corner at Town Center is in full swing! Come on down as we have something for everyone! Take a stab at getting inducted onto the Corner's Wall of Fame by participating in the Daily Tournament or take on a Staff Member in our Beat the Staff Competition. From computer time, arts and craft activities, Movie Days, Play Station and Wii competitions to just hanging out with your friends you're guaranteed to have a blast! Don't forget, we are open at 11:30 on Early Release days, complete with our famous snack bar. Pizza, burgers, hot dogs and piping hot pretzels at affordable prices are sure to satisfy your lunch time needs.

COMING ATTRACTIONS @ THE CORNER!!

Keep an eye out in the JGMS announcements and your e-mail for the Corner's Spring Brochure!! We will have some great trips and special events planned for this session. If you have an idea or request please let us know! Email nickc@bedfordma.gov or call 781-275-1392!

CHECK OUT THESE FREE SPECIAL EVENTS FOR MIDDLE SCHOOL STUDENTS!

Friday, April 16: Join DJ Mike Pride at The Corner!



Mike brings music and contests that will have everybody dancing and moving! Ice cream provided! Come check it out! 7:00 p.m. - 9:00 p.m.

Friday, May 21: Big Screen Movie Outdoors at JGMS Courtyard! Movie (TBD) and popcorn included! Bring a blanket to sit. Movie will be shown in the gym if rainy. 8:00 p.m. - 10:30 p.m.



Tuesday, June 15 (rain date June 16): Springs Brook Park Splash Blast. The Park will only be open to JGMS students (no adults, no little kids!!). There's swimming, a spray park, conces-

sion stand, water slide, dock, beach and it's all yours for the evening. 6:30 p.m. - 8:30 p.m.

APRIL VACATION SOCCER CLINIC (AGES 4-13)

w/ Mass Premier Soccer

Players will be introduced to the basic techniques of soccer in a fun and positive environment. Emphasis will be on learning through fun games and small-sided play. Groups will be kept to a maximum of 10 per coach, co-ed, and split by age. April 20 - 23. Tue. - Fri. @ Lane soccer field/Gym. (Min.10/Max30)

9-12pm (ages 4-7)

\$135 half-day

9-3pm (ages 7-13)

\$225 full-day

INTRO TO KEYBOARDS (ages 13 - 16)

w/Real School of Music

We are offering intro to keyboards in conjunction with the Real School of Music in Burlington, MA. Our beginner group keyboard lessons will give you solid introduction to the instrument, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time. Learning the keyboards in a group environment is a great way to decide whether you want to move on and take private lessons. It will give you chance to learn along with others in a comfortable setting. Students will need to purchase a method book. Electric Keyboards will be supplied by the school. All classes will be held at The Real School of Music, 56 Middlesex Turnpike, Burlington, MA. Wed. 730 - 8:15 PM 5/5 - 6/9 (6 weeks)

Fee: \$120

INTRO TO GUITAR (ages 8 - 12)

w/Real School of Music



We are offering intro to guitar in conjunction with Real School of Music in Burlington, MA. Our beginner group guitar lessons will give you a solid introduction to the guitar, establish proper techniques and approaches, and review practice methods that

will make the most productive use of you time. Learning the guitar in a group environment is a great way to decide whether you want to move on and take private lessons. It will give you a peak into what The Real School of Music is all about and a chance to learn along with others in a comfortable setting. Students will need to purchase a method book and supply their own guitar. Either acoustic or electric guitars can be used for the course.

Fee: \$120/session

S I: Tuesdays 7:30 - 8:15 PM 5/4 - 6/8 (6 weeks)

S II: Thursdays 4:00 - 4:45 PM 5/6 - 6/10 (6 weeks)

HELP WANTED: Recreation Program Aides, Early Release Day Chaperons & Youth Center Attendants

The Recreation Department is looking for HS/College students interested in working as a Program Aides for after school programs, Youth Center and Chaperones for early release day field trips. Please contact Nick Cacciolfi at nickc@bedfordma.gov or at 781-275-1392 if you are interested. Pay for these positions is \$10 per hour. All applicants will be interviewed.

BEDFORD YOUTH SOCCER RECRUITING REFEREES

Ever think of becoming a soccer referee? If you like having fun and getting exercise outdoors, and even better, getting paid for it, you should consider becoming a referee in Bedford. We are looking for high school and middle school boys and girls to referee. For details on how to become a referee, go to www.massref.net. Once you complete either the grade 9 or grade 8 course, please contact Bob Goodman, Bedford referee assignor, at goodmanreferee@yahoo.com.



BODYPUMP™

w/ Nancy Griffiths and her elite team of instructors



BODYPUMP™ The original barbell workout that strengthens and tones your entire body by using weight-room exercises like squats, presses, lifts and curls. The simplicity of the class makes a great starting point for young adults to develop strength, coordination and endurance. Learn how to safely and effectively lift weights while focusing on proper form and technique. Uplifting music synchronized with each exercise

motivates you through the workout. Bedford Recreation is proud to be the first town in the Northeast to offer these exclusive programs at an affordable cost. Please bring mat, towel, water and sneakers. Age 15+ (min 10/max 20) 8wks

Fee: \$75

Fridays, 2:20-3:20pm, 4/9-5/28, Union Room, Town Ctr

ATTENTION BHS STUDENTS!!

Check out the offerings for High School Students in the Adult Section:

CPR/AED Certification: age 16+

Harmonica: age 16+

Speed Spanish: age 15+

Intro to Kayak: age 15+

Women's Boot Camp: age 16+

Self Defense and Stretch: age 16+

Body Jam & Body Pump: age 15+

Other adult classes: with advance permission of the instructor. Contact us if interested.

SPRINGS BROOK PARK SUMMER EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 11, 2010). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications avail. @Rec. Office or online. Will accept applications until all positions are filled.

CREW POSITIONS: Open to Bedford residents only

The information for these positions will be in the Spring Recreation brochure available in March. Interviews will be held in mid-May.

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during winter break and other times over the Winter/Spring. Check out the website for details. Sign up for classes soon!!

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

KIDS' CLUB



KIDS' CLUB SUMMER FUN...join the fun!

Open Weekdays 7:30 AM- 6:00 PM

KIDS' CLUB (KC) is a child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers Before School, After School, and School Vacation care options. During the summer, KC offers *Summer Fun*, a program for children entering Grade 1 - Grade 6 where daily and weekly themes provide the basis for adventure and enrichment.

Last year, *Summer Fun* was visited by the New England Aquarium Traveling Tide Pool, Mad Science, the Lowell Spinners, Pumpernickel Puppets, and the Museum of Science Mobile Planetarium. *Summer Fun* also ventured off campus to places like Southwick's Zoo and took in a stage presentation of "The Big, Bad Musical" by the Bedford Recreation Summer Stock group. This year, *Summer Fun* will offer similar activities as well as other structured and unstructured options in air conditioned rooms and outdoors. As renovations take place in the KIDS' CLUB building, KC's *Summer Fun* program will be using spaces in the Town Center building during the month of June. As of July 1, *Summer Fun* will operate at the Lane School.

For more info:

Nancy Cormier, Kids' Club Director

Becky Ricci & Alan Pedersen, Kids' Club Assistant Directors

781-275-5427

kidsclub@bedfordma.gov

www.bedfordrecreation.org

(click on the KIDS' CLUB link)

RECREATION E-NEWS

SIGN UP FOR THE RECREATION DEPARTMENT E-NEWS!

- Information about new programs
- Information about registration

Important news from the Recreation Department

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-NEWS.

To enroll, add "E-NEWS" to your registration form, enroll online at www.bedfordrecreation.org (this is listed in the "Special Events" category), or call the Recreation Office at 781-275-1392.

BEDFORD RECREATION DEPARTMENT REGISTRATION FORM

Recreation Fax #: (781) 687 - 6156

Participant: _____ Sex: M/F Home Phone: (____) _____
 Address: _____ D.O.B.: _____ Work Phone: _____
 EE-mail Address(es): _____ E-news enrollment: Yes or No
 Emergency Name & #: _____
 Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2009: _____ Age _____
 Parent 1 Work #: _____ Parent 2 Work #: _____
 Parent 1 Cell #: _____ Parent 2 Cell #: _____
 Uniform size (if applicable): Shirt: _____ Shorts: _____ Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Program: _____ Day: _____ Time: _____ Fee: _____
 Program: _____ Day: _____ Time: _____ Fee: _____
 Program: _____ Day: _____ Time: _____ Fee: _____
 Contribution to the Neighbors Helping Neighbors Fund: _____ Contribution \$ _____
 Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

I, do hereby consent to my minor child(ren)'s/my own participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

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Parent 1 Work #: _____ Parent 2 Work #: _____

Parent 1 Cell #: _____ Parent 2 Cell #: _____

Uniform size (if applicable): Shirt: _____ Shorts: _____ Soccer Shirt#: _____ Parent Coach/Chaperone? _____

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COMMUNITY CONTACTS

Bedford Family Connection

www.BFCToday.com

Babe Ruth Baseball Softball

781-275-9222, www.bedfordbaseballsoftball.com

LBH Pop Warner Football/Cheering

781-862-4937, www.lbhpopwarner.com

Lexington/Bedford Youth Hockey

www.lbyh.net

The Edge Sports Center

781-275-9700, www.theedgesportscenter.com

Bedford Youth & Family Services

781-275-7727

Bedford Youth Lacrosse

www.bedfordyouthlacrosse.org

Bedford Travel Basketball Club

Jim Eliason: jim.eliason@deskstone.com

BedfordTV Calendar for Town events

www.bedford.tv/calendar

RECREATION DEPARTMENT

Amy Hamilton, Recreation Director
Nick Cacciolfi, Assistant Director
Raeann Gembis, Adult Coordinator
Janet Humphrey, Administrative Asst.
Leslie Ringuette, Clerk

RECREATION COMMISSION

Ronald Richter, Chairman
Dave Ellis
Suzanne Johnson
Stacy Schalick
Robin Steele

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165**

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**